



# Essential Oil Therapies

## Protect Your Body With Probiotics

Your body's source of core health and vitality is a small but mighty army of an estimated 750 trillion friendly bacteria, yeast and other microorganisms stationed in our gastrointestinal tract. These three pounds of bacteria defend your body against infection and it's duty is to support optimal health by:

- Protecting your body – The bowel is the command center of the immune system and your first line of defense against infection. By killing off invading pathogens and producing immune-boosting biochemicals such as transfer factor and lactoferrin, your intestinal flora is responsible for 60-70% of your immune system's activity.
- Transferring nutrients to the bloodstream and producing Vitamins B and K
- Eliminating waste products

When our intestinal flora thrive – so can we. However, if the bowel is not working properly, optimal health is impossible and the body becomes vulnerable to myriad conditions. We can upset the natural balance of friendly bacteria in the digestive tract by:

- Taking antibiotics, antibiotic herbs, birth control pills and NSAIDS
- Eating a diet high in processed foods and antibiotic-laden meat and dairy
- Drinking chlorinated water
- Smoking, drinking alcohol and living a stressful lifestyle
- Not sending in fresh reinforcements to replace worn-out microorganisms



### Good Bacteria

When good bacteria outnumber the bad there are a host of health benefits to look forward to. For instance, more recent studies have linked the following health improvements to the presence of a probiotically-optimized intestinal tract:

- Enhance immunity
- Lower cholesterol
- Better nutrition, improved absorption
- Improvement in the health and appearance of skin
- Protection against lactose and casein intolerance
- Protection against Candida overgrowth and yeast infections
- Prevention and correction of constipation and diarrhea, ileitis and colitis, irritable bowel syndrome, and a whole range of other digestive tract dysfunctions.

### Bad Bacteria

When bad bacteria outnumber the good, we tend to face numerous health challenges. The following symptoms—among others—have been linked to low levels of good microorganisms.

- Symptoms of GI sensitivity such as cramps, diarrhea, constipation, bloating, gas, IBS
- Gluten and other food sensitivities
- Yeast infections, cold sores, UTIs
- Headaches, migraines, stuffy nose
- Rosacea, acne, other skin problems
- Inflammatory conditions
- Increased symptoms of PMS, perimenopause or menopause

These symptoms could also indicate a more serious condition: Some researchers believe that declining levels of friendly bacteria in the intestinal tract may actually mark the onset of chronic degenerative disease. See your healthcare provider for any ongoing symptoms.

# Probiotic Boost For Optimal Health

Our diets are the most important factor in keeping a healthy level of intestinal bacteria. A diet rich in vegetables, fruits and fiber, because good bacteria feast on fiber. On the other hand, bad bacteria thrive on refined sugar and animal fat. When symptoms do hit, eliminate fatty foods, dairy products, sugar, and alcohol, which will reduce phlegm. But for many, diet alone is inadequate when we need to reestablish healthy intestinal flora: The answer is to supplement with probiotics.



If you're already taking a multi-vitamin, try switching to **Core Supplements** which offers Life 5 as part of its daily foundational nutrition. It contains four premium nutritional supplements for overall health and wellness: Life 5 high-potency probiotic, Omega Blue essential fatty acids, Longevity immune support, True Source whole food multi-vitamin mineral supplement. Divided into portable packets for morning, noon and night.

Item # 3054 30 packets  
Whsl \$104.75 Pref Cust \$121.29 Retail \$137.83



**Balance Complete** nourishes friendly bacteria. As stated earlier, dietary fiber is key to improving your intestinal health. The V-Fiber blend in Balance Complete contains a prebiotic fiber that nurtures beneficial microflora such as Lactobacillus and Bifido bacteria while decreasing pathogenic bacteria. Use to add fiber to your diet, replace a meal and as part of the Five Day Nutritive Cleanse.

Item # 3292 30 caps  
Whsl \$44.75 Pref Cust \$51.82 Retail \$44.75



**Essentialzyme** is a multi-enzyme formula which helps reestablish proper balance in the digestive system and throughout the body, improves intestinal flora.

Item #3272 100 tabs  
Whsl \$29.75 Pref Cust \$34.45 Retail \$39.14



**Di-Gize** essential oil blend relieves digestive problems including indigestion, heartburn, gas and bloating. Combats candida and parasite infestation. Promotes digestion with ginger, peppermint, lemongrass essential oils. Apply topically to stomach and Vita Flax points. Avoid possible skin sensitivity by diluting with pure vegetable oil. For internal use, dilute 1 drop Di-Gize to 4 parts vegetable oil, place in capsule. Take 1 before each meal or as desired.

Item #3324 15ml  
Whsl \$32.00 Pref Cust \$37.05 Retail \$42.11



**Life 5** is a high-potency probiotic. After years of research, Young Living has formulated a probiotic supplement that exceeds the criteria for superior effectiveness. Life 5 probiotic contains active and hearty cultures of recognized strains of beneficial bacteria. Five clinically proven strains, including two super strains, were chosen for their various abilities to adhere to and colonize the intestines, to improve nutrient absorption, relieve bowel distress and help restore pH balance in the digestive tract. The specific strains are L. acidophilus [LA-14], Howaru Rhamnosus, Howaru Bifido, S. thermophilus and B. bifidum. In addition, Life 5 contains an all-important prebiotic, a special mixture that feeds and sustains the probiotic's growth.

Item # 3099 30 caps  
Whsl \$24.75 Pref Cust \$28.66 Retail \$32.57



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